

Whole Wheat Pasta

8 ounces whole wheat spaghetti
3 tablespoons olive oil, divided
½ cup chopped garlic
1 ½ cup chopped parsley
¾ teaspoon ground black pepper
1 tablespoon grated lemon zest
¼ teaspoon coarse salt
½ ounce parmesan cheese



1. Cook the pasta according to the label until al dente. Reserve 3 TBSP cooking liquid; drain.
2. Meanwhile, heat 2 TBSP oil in a large skillet over medium heat. Reduce the heat to low, add the garlic, and cook, stirring frequently, until golden brown and fragrant (3-4 minutes). Stir in the parsley, pepper, and lemon zest. Cook, stirring often, until the parsley is tender (3-4 minutes).
3. Add the pasta and cooking liquid to the skillet with the salt and remaining TBSP oil. Toss until well mixed. Top with the cheese and serve.

Hint: Make this a meal by adding cubed, leftover chicken, beef or fish

Source: Stephana Bottom, *Health*
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Tuna & Cannellini Bean Salad

1 lemon
2 cans (15-19oz) white kidney beans, cannellini, rinsed and drained
1 - 2 cups cherry tomatoes, halved
3 tablespoons olive oil
6 tablespoons parsley, chopped
½ teaspoon salt
1/8 teaspoon pepper
1 can (12oz) tuna, drained
Mixed lettuce greens

1. Grate 1 tsp peel and squeeze 3 tablespoons lemon juice
2. Combine lemon peel and juice, beans, tomatoes, oil, parsley, salt and pepper.
3. Gently stir in flaked tuna.
4. Divide lettuce among six bowls and spoon tuna-bean salad over greens.

Source: www.delish.com

Chocolate Peanut Butter Frozen Bars

Yield: 13 servings
2 packages sugar-free chocolate pudding (1.3 oz each, instant or cook and serve type)
3 1/2 cups skim milk
1/4 cup peanut butter
27 graham cracker squares (2-1/2")

1. Mix pudding according to package directions, except use 3-1/2 cups milk. Beat in peanut butter.
2. Line a 9"x13" pan with half the graham cracker squares. Three squares will have to be cut in half to line the pan.
3. Spread pudding mixture over graham crackers. Top with remaining crackers.
4. Freeze for four hours.
5. Cut into squares and remove from pan.
6. Store in a plastic bag in the freezer.

Source: Dorothy C. Lee, CFCS and Linda K. Bowman, RD/LD/N
University of Florida, IFAS
Extension, Cooking Healthy with Diabetes

Peanut Butter Banana Breakfast Shake

Yield: 1 serving
1 cup milk (fat free or 1%)
1/2 cup banana (frozen, slices)
1 tablespoon peanut butter
1/4 teaspoon cinnamon (ground)
1/2 teaspoon vanilla extract
1 envelope instant cocoa powder (all or part- to taste, -optional)



1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a tall glass and garnish with a sprinkle of cinnamon or cocoa, if desired.

Source: University of Nebraska, Cooperative Extension, [Healthy Eating Recipes](#)

Spanish omelet

Yields: 4 servings

1 lb. Potatoes, peeled and diced

2 tbsp. olive oil

½ cup diced red onion

2 cloves garlic, minced

2 tbsp. fresh parsley, chopped

2 tbsp. basil and chives, chopped

4 large whole eggs, beaten

2 egg whites, lightly beaten

Salt and pepper to taste

1. Place potatoes in large pan, cover with water and bring to boil for 3 minutes.
 2. Remove from heat and let stand for ten minutes or until tender. Drain well.
 3. Heat oil in 10 inch skillet over medium heat. Add onion and garlic. Cook for about 8 minutes, stirring occasionally. Add potatoes and cook for 5 minutes.
 4. Add parsley, basil and chives to beaten eggs and egg whites. Pour over potatoes in hot skillet. Reduce heat and cook uncovered for about 10 minutes or until bottom is golden brown.
- If desired, brown top under broiler. Garnish with sprigs of fresh herbs is desired. Serve immediately.

Source: American Institute for Cancer Research

Fruity Rice

Yields: 4 servings

2 cups Rice, uncooked

½ cup Dried Fruit, diced (apricots, peaches, pineapple, apples, etc)

½ cup Raisins

1tbsp. Brown sugar

2 tbsp. Butter

4 cups water

Place all ingredients in saucepan and bring to a boil. Reduce heat and simmer for 25-30 minutes or until all water is absorbed.

This recipe may be served hot or cold as a side dish or dessert.



Rice Casserole

Yields: 4 servings

1 lb ground beef

¼ cup Onion, chopped

½ cup Green Pepper, chopped

2 cups Rice, cooked

1 can (11oz) whole kernel Corn, drained

1 can (14oz) diced tomatoes & liquid

½ cup sliced ripe olives

2 tsp chili powder

1 tsp garlic powder

1 cup shredded cheddar cheese

Topping:

½ cup dry bread crumbs

1 tbsp melted butter

½ cup shredded cheddar cheese

1. Preheat oven to 350°F. In a large skillet, cook ground beef, onion and green pepper over medium heat until meat is no longer pink. Drain.
2. Stir in rice, tomatoes, corn, olives and seasonings, heat through. Stir in 1 cup of cheese until melted.
3. Transfer to a greased baking dish (11x7) or two loaf pans.
4. Sprinkle with remaining cheese. Toss bread crumbs and melted butter. Sprinkle over top of casserole(s).
5. Bake uncovered, 15-20 minutes or until cheese is melted.
6. If dividing into two loaf pans, bake one and wrap well and freeze the 2nd. Let thaw in the refrigerator and bake as directed.

Handy Hint

Cook a large batch of rice in water without seasonings. Freeze in two cup portions.

1. Reheat with a bullion cube and small amount of water and top with sautéed vegetables and meat for a quick meal.
2. Stir into prepared vanilla pudding for an easy dessert. Top with raisins or fresh fruit.
3. Add to soup for extra body and nutrition.

